



Park Pulse

News from the Frankfort Park District

September 2023

For questions call the Park District office at 815-469-9400 or visit www.frankfortparks.org

Youth Programs:

All programs are held at Founders Community Center, 140 Oak Street unless otherwise specified.

ONCE UPON A SONG *NEW!*

In this play-based music & movement class, mini-musicians will explore diverse genres of music from around the world! Miss Phallon radically revamps classic sing-a-longs, and combines them with a thematic story time to meet kiddos where they are and teach them the fundamentals of literacy, S.T.E.A.M., and musicianship! This program is an adult participation class that is sure to keep grownups grooving and toddlers moving to remixes of old school jams and nursery rhymes all the way through! Check us out on Instagram @missphallons_neighborhood.

Instructor: Miss Phallon
Day: Saturday
Session I: September 9 - October 14
Time: 10:00 - 10:40 am
Age: 1 - 4 years (with parent)
Fee: \$70/NR \$75



MISS PHALLON'S NONSTOP HIP HOP *NEW!*

In this music and movement class, your kiddos will learn to pop, lock, and play their way through the 4 parts of Hip Hop: MCing, DJing, Breakdancing, and Graffiti. In this Music & Movement class, little artists will explore concepts of rhythm and rhyme, while developing their literacy through Hip Hop inspired story times and crafting their own radical rap lyrics. This program is an adult participation class. Check us out on Instagram @missphallons_neighborhood.

Instructor: Miss Phallon
Day: Saturday
Session I: September 9 - October 14
Time: 11:00 - 11:40 am
Age: 2 - 4 years (with parent)
Fee: \$70/NR \$75



BONJOUR! A TRIP TO PARIS *NEW!*

This class is a wonderful introduction to French language and French culture through music, stories, arts, and crafts. Young children can develop their cognitive, fine, and gross motor skills while learning a new language. There will be a new adventure in every class.

Instructor: Miss Zara
Day: Tuesday
Session I: September 12 - October 17
Time: 3:30 - 4:15 pm
Age: 4 - 8 years
Fee: \$90/NR \$95



KIDS DRAWING CLUB

If your 1st through 5th grade child already loves to draw and is ready to be introduced to various subject matter, let's expand their drawing abilities! Mrs. G, the Young Drawing Director from Young Rembrandts is returning to the Frankfort Founders Center to not only guide students through the drawing process, but also how to properly color with crayons, markers, and colored pencils. Throughout the entire school year, each class will feature a different subject matter and different coloring methods that have been kid-tested and kid-approved. All supplies provided. Pictures go home after each class. Come join the drawing fun and even gain some new friends!

Instructor: Young Rembrandts Staff
Day: Thursday
Session I: September 14 - October 19
Time: 5:30 - 6:30 pm
Grade: 1st - 5th Grade
Fee: \$90/NR \$95



For up-to-date information on upcoming programs & events.

Like us on Facebook



LITTLE DOCTOR SCHOOL

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs and digestion. Students will use real medical instruments (stethoscope, reflex hammer and blood pressure cuff) and practice scrubbing, suturing and tying knots like a real surgeon.

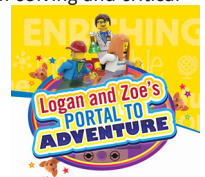
Instructor: Little Medical School
Day: Monday
Date: September 18 - October 30
 (No Class October 9)
Time: 5:15 - 6:15 pm
Age: 7 - 11 years
Fee: \$160/NR \$165



PORTAL TO ADVENTURE *NEW!*

Join our mini-figs, Logan and Zoe, as they travel across the spans of time, in this multi-part adventure! Logan and Zoe were a little behind on their schoolwork, so mom said they could use the "Portal" to help them catch up - so long as they promised not to get out. Unfortunately, their puppy, Trevor, didn't understand. On the plus side, they might catch up in time. On the minus side, is that a T-Rex on Jet Ski? This hands-on class explores STEM concepts (Science, Technology, Engineering and Math) primarily using LEGO Bricks, in which children will develop problem-solving and critical thinking skills in a fun and engaging way.

Instructor: Bricks 4 Kidz
Day: Tuesday
Part I: September 19 - October 24
Time: 5:15 - 6:15 pm
Age: 6 - 12 years
Fee: \$103/NR \$108



CRAYOLA ARTIST'S PASSPORT

Embark on an around-the-world cultural adventure-explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. Experiment with Crayola products, while trying art techniques such as calligraphy, sculpting and patterning developed by local artists and artisans. Make different masterpieces each week such as drums, masks, canvases, prints, buses and more! Bring the unique creations home and build a globally-inspired art gallery.

Instructor: Crayola Imagine Arts Academy
Day: Tuesday
Date: September 19 - November 14
 (No Class October 31)
Time: 4:30 - 5:30 pm
Age: 5 - 12 years
Fee: \$170/NR \$175



EDIBLE SCIENCE

Did you know that there is a science when making food? Students will make fizzy lemonade, curds, and whey (a.k.a. ricotta cheese), and even edible soil layers. Please note any food allergies at the time of registration.

Instructor: Lesley Shworles
Day/Date: Saturday/September 23
Time: 10:00 am - 12:00 pm
Age: 8 - 13 years
Fee: \$50/NR \$55



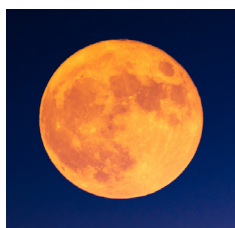
STAGE STARS - DRAMARAMA *NEW!*

Does your child have a "dramatic side"? You might have a budding Stage Star in your family! Our drama class introduces students to the craft of stage acting with a skilled theater instructor. During this exciting class, students will learn theatrical skills, improv basics, and participate in interactive drama games. Opportunities for students to have fun, express themselves, gain confidence, and interact with others, all within the context of theatre arts.

Instructor: Afterschool Enrichment Solutions
Day: Tuesday
Date: October 3 - November 14
Time: 4:30 - 5:30 pm
Grade: K - 6th Grade
Fee: \$130/NR \$135



Upcoming Events • • • • •



Harvest Moon Ball

Friday • September 22
6:00 - 8:00 pm
Founders Community Center
140 Oak Street
\$15/NR \$20 per person

NO TICKETS will be sold at the door.

Join us for a fun night to show off your best dance moves. Whether you dress fancy-formal or NOT, this is a night you will remember for years to come. Light refreshments will be served along with entertainment courtesy of a live DJ. To capture your evening together, a professional photographer will be available to take formal pictures at an additional charge. Pre-registration is required.
Registration Deadline: September 19 or until filled

Sponsored by:



FRANKFORT "ON POINTE" DANCE PROGRAM

Fall 2023 Youth Dance - Session I

Classes Start the week of September 18

Classes include:

- Little Stars
- Pre-Ballet
- Ballet/Tap/Jazz Combo
- Ballet 1, 2 & 3
- Jazz 1, 2 & 3
- Tap 1, 2 & 3
- Lyrical 3
- Jazz/Hip Hop 3
- Dance Troupe



Scan the QR Code for more information on the dance classes or contact the Frankfort Park District office at (815) 469.9400

Athletic Programs:

LITTLE HITTERS

Throwing, catching, base running, fielding, and hitting will be taught in this introduction to T-ball. Skills will be taught in a fun and easy-to-learn environment. Non-competitive games will be played during each class allowing all participants to get involved. Soft baseballs and scaled-down equipment will be used.

Instructor: Bill Brannigan
Location: Grand Prairie North Entrance (Door #10)
Day: Monday
Date: September 18 - October 30
(No Class October 9)
Time: 5:00 - 5:45 pm
Age: 4 - 6 years
Fee: \$59/NR \$64



PEE WEE SPORTS

This class will introduce your child to the wonderful world of sports. A different sport will be played each week including floor hockey, soccer, T-ball, football and basketball. Designed to create an interest in a variety of sports & develop listening & motor skills. Scaled down equipment used to better fit children's size.

Instructor: Bill Brannigan
Location: Grand Prairie North Entrance (Door #10)
Day: Monday
Date: September 18 - October 30
(No Class October 9)
Time: 6:00 - 6:45 pm
Age: 4 - 6 years
Fee: \$59/NR \$64



JUNIOR SPIKERS VOLLEYBALL

This program will assist 1st-2nd grade boys and girls in developing coordination and motor skills while learning the great lifetime sport of volleyball. The experienced instructors at Ultimate Volleyball will teach fundamental skills in a positive environment.

Instructor: Ultimate Volleyball
Location: Grand Prairie School North Entrance (Door #10)
Day: Tuesday
Date: September 19 - October 24
Time: 6:00 - 6:45 pm
Grade: 1st - 2nd Grade
Fee: \$65/NR \$70



CO-ED INSTRUCTIONAL VOLLEYBALL

The experienced instructors at Ultimate Volleyball will teach fundamental volleyball skills, while emphasizing teamwork and sportsmanship. Instruction will be given at beginning, intermediate and advanced levels. Players will be divided by grade and/or ability. Learn new skills, practice old skills and play volleyball games during every class session.

Instructor: Ultimate Volleyball
Location: Grand Prairie School North Entrance (Door #10)
Day: Tuesday
Date: September 19 - October 24
Grade/Time: 3rd - 5th Grade/6:45 - 7:30 pm
Grade/Time: 6th - 8th Grade/7:30 - 8:15 pm
Fee: \$65/NR \$70

VICTORY MMA CLASSES NEW!

Our classes will provide a safe environment where students can learn the most effective styles of martial arts while developing valuable life skills. This is done through our structured curriculum. In each class students train techniques in Boxing, Kickboxing, Wrestling, and Jujitsu. At the end of each class is the "Mat Chat", where we discuss topics like: Focus, Confidence, Discipline, Bully Awareness, etc. The goal is for students to learn the moves taught for that session and be able to apply the mat chat in their life. Check out our promo video and website to learn more about our kids' classes. We look forward to helping your child get the edge in life... See you on the mats!

Instructor: MMA Instructor
Location: Founders Community Center
Day: Friday
Session I: September 29 - November 3
(No Class October 13)
Age/Time: 5 - 11 years/4:30 - 5:15 pm
Age/Time: 12 years & older/5:30 - 6:45 pm
Fee: \$75/NR \$80



INDOOR FLAG FOOTBALL LEAGUE

In an effort to provide a safe alternative to the rough and tough game of football, the Frankfort Park District has partnered with ROMA Sports Club to provide an Indoor Youth Flag Football League. The league consists of weekly 1-hour practices and an eight-game regular season. Volunteer coaches are needed to make this program successful.

***Registration Deadline September 11. NO refunds will be given after the registration deadline. A \$15 late fee will be charged after the deadline.**

Location: ROMA Sports Club
9115 Roma Ct, Frankfort
Day: Monday Practice & Saturday Games*
Date: October 9 - December 16
(No Practice November 20) &
(No Games October 14 & November 25)



ROMA SPORTS CLUB

Times: Practice: 5:00 pm, 6:00 pm, 7:00 pm, and 8:00 pm
*Games: 8:00 am - 3:00 pm
Grade: 1st - 2nd, 3rd - 4th & 5th - 6th
Fee: \$139/NR \$144

*Your child will play one game scheduled anytime between 8:00 am - 3:00 pm. Game schedules will be released after the first practice.



***Volunteer coaches meeting will be held at Roma Sports Club on Monday, October 2 @ 6:30 pm.**

